

Guide to Healthy Classroom Choices

Single-serve, pre-wrapped portions provide a quick and easy option for classroom activities. Contact your foodservice director for ordering information.

LOW-FAT VEGETABLE DIP

1 cup low-fat yogurt

Choose from these seasonings:

- Ranch: 2 tablespoons dry dressing mix.
- Onion: 2 tablespoons dry onion soup mix.
- Garlic: 1/2 teaspoon powdered garlic.
- Parmesan: 2-4 tablespoons grated cheese.

Mix all ingredients together and chill for 1 hour to let flavors blend. Serve with fresh vegetables.

FOOD IN SCHOOL SHOULD SUPPORT CLASSROOM LESSONS

Classroom lessons teach students about good nutrition and the value of healthy food choices. But, food served in the classroom is often low in nutrients and high in calories. This selection sends a potentially damaging message – that good nutrition is an academic exercise that is not practiced by school administration and is not important in the actual diet. To send a better message, administrators, teachers, parents and students need to promote and practice healthy lifestyle principles, replacing unhealthy food offerings with healthy ones.

Suggested foods for classroom activities:

- Low-fat milk/flavored milk
- 100% fruit juice
- Fresh fruit assortment
- Fruit and cheese kabobs
- Vegetable tray with dip
- Cheese-cubes and string cheese
- Popcorn
- Angel food cake with unsweetened fruit
- Graham crackers
- Low-fat pudding
- Yogurt parfaits
- Quesadillas with salsa
- Pizza
- Low sugar breakfast or granola bars
- Trail/Cereal Mixes

Explore options beyond food when planning a classroom party and giving student rewards. For example, treat your students to:

- Social awards
- Recognition programs
- Student privileges
- Outdoor activities
- Classroom games
- School supplies
- Sports equipment

Pay attention to serving sizes. Ask children to take ONE serving of each snack and beverage.

FRUIT AND YOGURT PARFAIT

- 1 cup low-fat vanilla yogurt
- 1/2 cup crunchy low-fat cereal or granola, divided
- 1/2 cup sliced fresh fruit (i.e. strawberries, blueberries, pineapple) or unsweetened canned fruit

To assemble parfait, begin with yogurt in the bottom of a clear plastic glass. Add 2 tablespoons cereal and 1/4 cup fruit. Repeat. Top with the remaining 2 tablespoons of cereal.



For more information and to see guides on other topics, visit the Wisconsin section of the Action for Healthy Kids Website:

www.actionforhealthykids.org